

October 20XX

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Apples Cheerios Milk	Bananas Cream of Wheat Milk	Mandarin Oranges French Toast Milk	Watermelon Scrambled Eggs Toast & Milk	Pineapple Corn Flakes W.W. Toast & Milk
Diced Pears PB & W.W. Toast Milk	Plums English Muffins Milk	Peach Halves Bran cereal Milk	Kiwi Oatmeal Milk	Bananas Cinnamon Toast Milk
Raspberries Bagels & Jelly Milk	Grapes WW Toast Eggs & Milk	Honeydew Assorted Cereal Milk	Applesauce Pancakes & syrup Milk	Cantaloupe English Muffins & PB Milk
Warm Peaches & Cinnamon Over shortcake biscuit Milk	Apricots Waffles Milk	Strawberries Warm cinnamon tortillas Milk	Mango Cornbread Milk	Fresh blueberries Cereal Milk

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Egg salad sandwiches Cantaloupe Asparagus Milk	Baked fish Baked potato sticks Peas Bread and Milk	Pork roast w/ gravy Mixed vegetables Pineapple Breadsticks and Milk	Ham and cheese WW pitas Pears Green beans Milk	Rice and beans Mixed fruit Cauliflower Milk
Beef with rice casserole Vegetable medley Gelatin w/ bananas Milk	HM chicken noodle soup Potato salad Blueberries Crackers and Milk	Chicken Tetrazzini Broccoli Pears Dinner rolls and Milk	Swedish meatballs w/ gravy Carrots Plums Brown rice and Milk	Fish sandwich w/ bun Bananas Red peppers Milk
HM Beef stew w/ vegetables Apricots Buttered noodles Milk	Chicken stir fry w/ mixed vegetables Peaches Rye bread and Milk	BBQ Pork on bun Roasted red potatoes 3 bean salad Milk	Meatloaf Whipped potatoes w/ gravy Mixed vegetables WW bread and Milk	Chicken Ala King Beets Applesauce Bread and Milk
Spaghetti & meatballs Oranges Sliced zucchini Milk	Pork chops Brussels sprouts Cucumber salad Brown rice and Milk	Baked chicken and Rice Sweet potatoes Honey dew melon Milk	Chicken salad on pita Tomato wedges w/ dip Kiwi fruit Milk	Lasagna Tossed salad Raspberries Milk

Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Graham crackers Cantaloupe	Bran muffin Milk	Hard boiled eggs Tomatoes	Tuna sandwich Water	Bagels w/ cream cheese Milk
String cheese Sugar snap peas	Toasted cheese sandwich Water	Carrot sticks Milk	Turkey roll-up with WW tortilla	Cucumber/tomato salad Crackers
Mini Bagels Milk	Hummus Pita chips	Cottage cheese Tomato wedges	Cheese & crackers Water	Rice cakes Apple juice
Yogurt Blueberries	Soft pretzel w/ nacho cheese Milk	English muffin pizzas Milk	Chex mix Fruit salad	Celery sticks Peanut butter